

### Depression Postpartum1 (2-4 weeks)Slides 1-5

Topic	Material	Advisor Text
Depression introduction	Guide1 How depression works	<p>1.You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2.These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3.When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4.When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5.You are more vulnerable right now to the Baby Blues and feelings of depression. Let's talk about how you can manage your moods.</p>
Revising negative thoughts	Guide 2	<p>1.Have any events resulted in negative thoughts that have troubled you recently? How have you managed them? <i>Encourage her to revise each.</i> It is not unusual to feel worried about all the responsibilities you have now that the baby is here. You can manage these thoughts and worries in the same way we have been practicing together.</p> <p>2. Let's go over those ways to reduce negative thoughts. One way is thought stopping. Just telling yourself to quit thinking that thought. You could also then revise that thought in to a positive one. <i>Use example she offered earlier.</i> You can also set aside a time each day for your worry time but don't let yourself think those thoughts any other time during the day. It is also good to try and use humor, exaggerate your worry to yourself. These strategies will continue to be important to you in managing your moods.</p>
Scheduling pleasant activities	Guide 3 Take Home Project	<p>1.During this time when you are most susceptible to the baby blues it is especially important for you to find time for yourself and do pleasant things for yourself as much as you can. You may need to look at changes the baby makes in your Plan for the Week and make some changes in your routines.</p> <p>2.What changes are you having to make? You may need to plan on new times that you can make to do pleasant activities. Which activities can you do? When can you get together with other people? <i>List on Take Home Project.</i></p> <p>2.Rest is also very important, take naps. Cut down on your routine to do only what absolutely has to be done.</p> <p>3.Call on your support people to help with housework, errands, the other kids, and just to talk to another adult. Who can fill these roles for you? <i>If she needs to ask someone, list as part of Take Home Project.</i> It's important in managing depression that you continue to express your needs and</p>

		feelings in appropriate ways. <i>Encourage her to show you how she might ask. Roleplay if needed.</i>
Review Take Home plan	Guide 4 Previous Take Home Project	<p>1.How did things go with working on your goal (<i>from session 8</i>)? Were there any things that got in the way. ( <i>Identify whether thoughts, scheduling, or other people got in the way and assist in ways to overcome</i>)</p> <p>2.What would you like to do next in working towards this goal? (<i>Assist in setting realistic next steps and timeline given the baby's arrival</i>)(<i>List on Take Home Project sheet</i>)</p>
Depression closure	Review Take Home Project	<p>1.You have developed lots of skills to use now to avoid depression. What are the ones that seem to work best for you?</p> <p>2. I think you will find that you are going to be able to continue to use these skills on your own. That voice inside you is going to remind you about revising negative thoughts and looking for ways to reward yourself for doing the things you have to do.</p> <p>3. Let's review the things for you to be working on before our next visit. It's very important to be doing these things to look after yourself.</p> <p>How are you feeling about today's session?</p>